



# OVERVIEW OF THE NEW MEAL PATTERN CERTIFICATION PROCESS

MT School Nutrition Programs



[opi.mt.gov](http://opi.mt.gov)

Montana  
**Office of Public Instruction**  
Denise Juneau, State Superintendent

# AGENDA

- ❑ Overview of the new meal patterns.
- ❑ What is the certification process?
- ❑ More training opportunities.



## WHY ARE MEAL PATTERNS CHANGING?

- **Current meal pattern:** based on 1995 Dietary Guidelines for Americans.
- **New meal pattern:** in line with 2010 Dietary Guidelines for Americans.



## IMPLEMENTATION TIMELINE

- NSLP: new meal patterns go into effect SY 2012-13
- SBP: new meal patterns go into effect SY 2013-14



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# NEW MEAL PATTERN

# MENU PLANNING

## □ Food Based Menu Planning

Several tools have been updated to help with the menu planning process:

Food Buying Guide:

<http://teamnutrition.usda.gov/Resources/foodbuyingguide.html>

Food Buying Guide Calculator: <http://fbg.nfsmi.org/>



# AGE GROUPING

- All schools will have to use these standard grade groupings:
  - K-5
  - 6-8
  - 9-12



# THE NEW LUNCH MEAL PATTERN

Component	Amount of Food Per Week (Daily Minimum)		
	Grades K-5	Grades 6-8	Grades 9-12
<b>Fruits (cups)</b>	<b>2.5(0.5)</b>	<b>2.5 (0.5)</b>	<b>5 (1)</b>
<b>Vegetables (cups)</b>	<b>3.75 (0.75)</b>	<b>3.75 (0.75)</b>	<b>5 (1)</b>
<b>Dark green</b>	0.5	0.5	0.5
<b>Red/Orange</b>	0.75	0.75	1.25
<b>Beans/Peas (Legumes)</b>	0.5	0.5	0.5
<b>Starchy</b>	0.5	0.5	0.5
<b>Other</b>	0.5	0.5	0.75
<b>Additional Vegetable to Reach Total</b>	1	1	1.5
<b>Grains (oz eq)* - half must be whole grain rich</b>	<b>8-9 (1)</b>	<b>8-10 (1)</b>	<b>10-12 (2)</b>
<b>Meats/Meat Alternates (oz eq)*</b>	<b>8-10 (1)</b>	<b>9-10 (1)</b>	<b>10-12 (2)</b>
<b>Fluid milk (cups)</b> <i>fat free flavored or unflavored and 1% unflavored</i>	<b>5 (1)</b>	<b>5 (1)</b>	<b>5 (1)</b>
<b>* Grain and Meat/meat Alternate now have minimums AND maximums</b>			



## MEAT/MEAT ALTERNATE

### Lunch

**K-5:**

Daily: 1oz

Weekly: 8-10oz

**6-8:**

Daily: 1oz

Weekly: 9-10oz

**9-12:**

Daily: 2oz

Weekly: 10-12oz

# MILK

## Lunch

**All grade groups:**

Daily: 8 oz (1 cup)

Weekly: 5 cups

Offer a variety of milk fat contents (1% and skim).

Flavored milk must be skim.



# FRUIT

## Lunch

### **Daily:**

½ cup (K-5, 6-8)

1 cup (9-12)

### **Weekly:**

2 ½ cups (K-5, 6-8)

5 cups (9-12)

Students are allowed to select ½ cup fruit or vegetable or combination of the two under OvS



# VEGETABLE

## Lunch

### Daily:

$\frac{3}{4}$  cup (K-5, 6-8)

1 cup (9-12)

### Weekly:

$3 \frac{3}{4}$  cups (K-5, 6-8)

5 cups (9-12)

### Subgroups (weekly):

$\frac{1}{2}$  c Dark Greens

$\frac{3}{4}$  c Red/Orange

$\frac{1}{2}$  c Beans/Peas

$\frac{1}{2}$  c Starchy

$\frac{1}{2}$  -  $\frac{3}{4}$  c Other



# GRAIN

## Lunch

**K-5:**

1oz eq. min. daily (8-9oz weekly)

**6-8:**

1oz eq. min daily (8-10oz weekly)

**9-12:**

2oz eq. min. daily (10-12oz weekly)

At least half on the grains must be whole grain-rich beginning July 1, 2012.

Beginning July 1, 2014, all grains must be whole grain-rich.



## OTHER SPECIFICATIONS: LUNCH

2012-2013 NSLP Standards	K-5	6-8	9-12
Sodium (1 <sup>st</sup> Target)*	≤1230mg	≤1360mg	≤1420mg
Calories	550-650	600-700	750-850
Saturated Fat (<10% of total calories)	55-65 calories	60-70 calories	75-85 calories
Trans Fat	0g	0g	0g

\*1<sup>st</sup> sodium target does not take effect until SY 2013-14



## DAILY: YOU MUST OFFER...

Component	Daily Minimum of Food to Offer		
	Grades K-5	Grades 6-8	Grades 9-12
Fruits (cups)	½ cup	½ cup	1 cup
Vegetables (cups)	¾ cup	¾ cup	1 cup
Grains (oz eq)* - half must be whole grain rich	1 oz	1 oz	2 oz
Meats/Meat Alternates (oz eq)*	1 oz	1 oz	2oz
Fluid milk (cups) <i>fat free flavored or unflavored and 1% unflavored</i>	1 cup	1 cup	1 cup

These minimums must be *offered* on the serving line each day.



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# CERTIFICATION PROCESS



# WHAT IS THE CERTIFICATION PROCESS?

The Healthy, Hunger-Free Kids Act (HHFKA) makes an additional 6-cent reimbursement available for meals meeting the updated meal pattern requirements on October 1, 2012.

**\*In order for SFAs to be eligible to receive this new performance-based reimbursement, the OPI School Nutrition Programs must certify that the School Food Authority (SFA) is in compliance with the requirements of new meal pattern.**




# WHO NEEDS TO COMPLETE THE CERTIFICATION PROCESS?

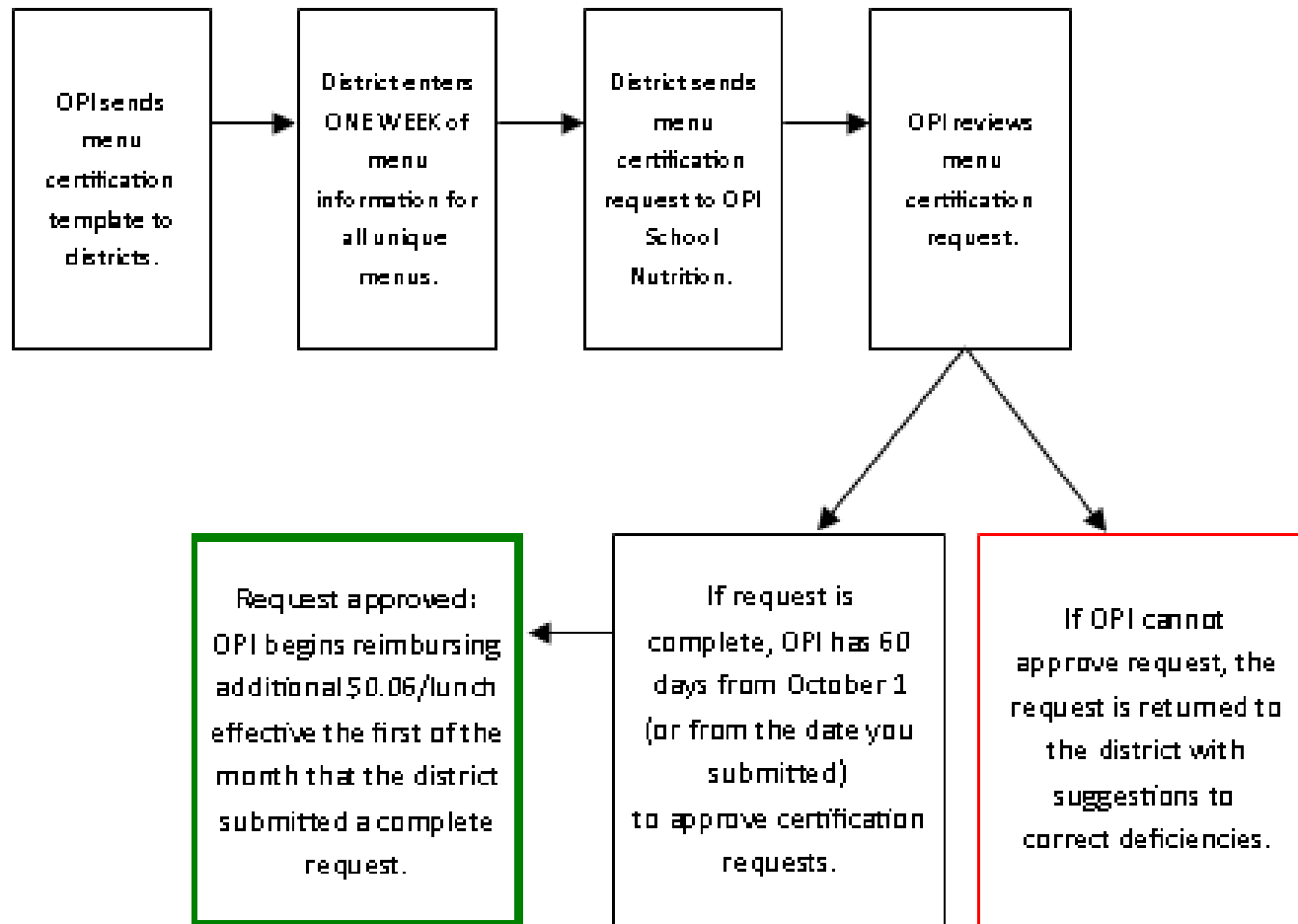
The new meal pattern requirements effective July 1, 2012 are **not optional**.

**All SFAs are required to meet the new meal patterns and be certified for the 6-cent reimbursement before June 30, 2013.**

*The 6-cent reimbursement is meant to encourage SFAs to implement the updated requirements as quickly as possible.*




# TIMELINE FOR .06 CENT CERTIFICATION



# USDA CERTIFICATION TOOL WEBSITE



United States Department of Agriculture  
**Food and Nutrition Service**



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You are here: Home > School Meals > Program Policy

**School Meals**

**Policy Memos**

Policy #	Title	Issue Date
34-2012	<b>Child Nutrition Reauthorization 2010: Certification of Compliance with New Meal Patterns - Certification Tools, Specifications, and Prototype Attestation Statement</b> <ul style="list-style-type: none"><li>-- School Food Authority Six Cents Attestation</li><li>-- Menu Worksheet Instructions</li><li>-- Simplified Nutrient Assessment Instructions</li><li>-- Instructions for Transferring Data from USDA Certification Tools</li><li>-- Lunch Certification Worksheet, Grades K-5 (Excel)</li><li>-- Lunch Menu Worksheet, 4-Day Schedule, Grades K-5 (Excel)</li><li>-- Lunch Menu Worksheet, 7-Day Schedule, Grades K-5 (Excel)</li><li>-- Lunch Certification Worksheet, Grades 6-8 (Excel)</li><li>-- Lunch Menu Worksheet, 4-Day Schedule, Grades 6-8 (Excel)</li><li>-- Lunch Menu Worksheet, 7-Day Schedule, Grades 6-8 (Excel)</li><li>-- Lunch Certification Worksheet, Grades K-8 (Excel)</li><li>-- Lunch Menu Worksheet, 4-Day Schedule, Grades K-8 (Excel)</li><li>-- Lunch Menu Worksheet, 7-Day Schedule, Grades K-8 (Excel)</li><li>-- Lunch Certification Worksheet, Grades 9-12 (Excel)</li><li>-- Lunch Menu Worksheet, 4-Day Schedule, Grades 9-12 (Excel)</li></ul>	05-31-2012

<http://www.fns.usda.gov/cnd/Governance/policy.htm>

## MATERIALS TO SUBMIT TO OPI – LUNCH

- One week of lunch menus entered into the certification tool for each age group
  - Examples:
    - If you have three K-5 schools that all serve the **same** menu you will only submit one tool for the K-5 age group.
    - If you have three K-5 schools that all serve a **different** menus you need to submit three different certification tools for the K-5 age group.



# MATERIALS TO SUBMIT TO OPI - BREAKFAST

## Food Based Menu Planning

- One week of menus entered into the certification tool for K-12 breakfast
  - Example:
    - You have three schools Elementary, Middle, and High School. They all serve the same breakfast. You will submit one certification tool worksheet for breakfast.
  - No nutrient assessment required

## Nutrient Standard

- Send in nutrient analysis of breakfast



## MATERIALS NEEDED


- Calorie and saturated fat information for all meal entrées
  - CN labels
  - Nutrient information
- Calories and saturated fat for all items prepared from scratch
  - Standardized recipes
  - If you need nutrient info for your recipes, try the USDA Supertracker:  
<https://www.choosemyplate.gov/SuperTracker/foodtracker.aspx>
- Number of planned servings for the week for all menu items
  - Production records




# USDA SUPERTRACKER

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# SuperTracker

 **United States Department of Agriculture**

 Targets are based on a default 2000 Calorie allowance. For best results, [create a profile](#) to get a custom plan for you.

[Home](#) | [Food-A-Pedia](#) | [My Plan](#) | [Track Food & Activity](#) | [My Reports](#) | [My Features](#) [CREATE PROFILE >](#) [LOG IN >](#)

[Food Tracker](#) | [My Favorite Foods List](#) | [My Combo](#) | [Physical Activity Tracker](#) | [My Favorite Activities List](#)

You are here: [Home](#) > [Track Food & Activity](#) > [Food Tracker](#)

Today

08/30/12

Physical Activity Target

Week of 08/26/12 to 09/01/12 [i](#)

Target	AT LEAST 150 minutes per week
Actual	0 minutes

Daily Calorie Limit

Allowance	2000
Eaten	0
Remaining	2000

Daily Food Group Targets [More Info>](#)

	Grains	Vegetables	Fruits	Dairy	Protein Foods
Target	6 oz.	2½ cup(s)	2 cup(s)	3 cup(s)	5½ oz.
Eaten	0 oz.	0 cup(s)	0 cup(s)	0 cup(s)	0 oz.
Status	-	-	-	-	-

## Food Tracker

Search and add food to view how your daily choices stack up to your food group targets and daily limits. Make tracking and planning ahead simple by using the Copy Meals and Create a Combo features.

**Search:**  for  [Go](#)

[Search Tips](#)

[Food Details](#) | [My Favorite Foods List](#)

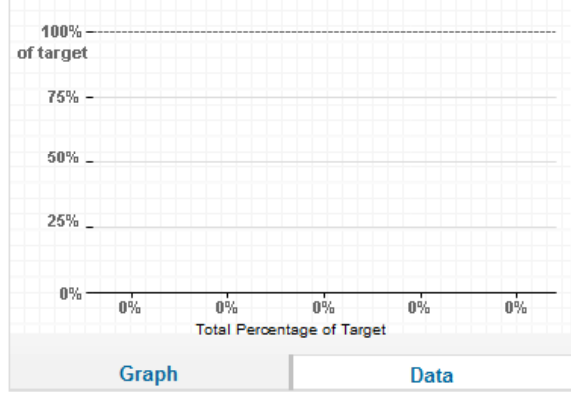
Search for food to see details here.

**Meals** [Copy Meals](#) [Clear All](#) [Create a Combo](#)

**Total Eaten:** **0 Calories**

[Breakfast](#) **0 Calories**

EMPTY



100% of target

75%

50%

25%

0%

0% 0% 0% 0% 0% 0%

Total Percentage of Target

[Graph](#) | [Data](#)

Related Links: [Nutrient Intake Report](#) | [View By Meal](#)



# STANDARDIZED RECIPE

## Chicken Fajitas

Meat/Meat Alternate-Vegetable-Grains/Breads				Main Dishes	D-40
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable stock, non-MSG		2 cups		1 qt	1. Dissolve the cornstarch in the vegetable stock.
Cornstarch		¼ cup	2 ¼ oz	½ cup	2. Heat over medium heat until thickened. Cool.
Vegetable oil		2 cups		1 qt	3. Add the oil to the cooled, thickened stock mixture.
White vinegar		2 cups		1 qt	4. Combine the vinegar, sugar, pepper, granulated garlic, chili powder, cumin, and oregano in a bowl. Whisk into the stock mixture.
Sugar	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
Ground black or white pepper		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Chili powder		2 Tbsp		¼ cup	
Ground cumin		1 ¼ tsp		2 ½ tsp	
Dried oregano		2 tsp		1 Tbsp 1 tsp	
Raw, boned, skinless chicken breast, ½" slices	9 lb		18 lb		5. Pour marinade over the sliced chicken. Marinate overnight in the refrigerator.
					6. Drain the chicken. Discard any leftover marinade.
					7. Prepare no more than 50 portions per batch.
					Preheat grill to 360° F. Add 9 lb of the sliced chicken and sauté about 10 minutes. Sauté remaining chicken. Remove to steamtable pan (12" x 20" x 2 ¼). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
Canned liquid pack whole-kernel corn, drained	2 lb 2 oz	1 qt 1 cup (½ No. 10 can)	4 lb 4 oz	2 qt 2 cups (1 No. 10 can)	8. Combine corn, onions, green peppers, canned tomatoes, and salsa in pot. Cook 5 lb 8 oz (3 qt) of this mixture over low heat until vegetables are heated thoroughly, about 5 minutes. Add to cooked chicken.
OR		OR	OR	OR	
Frozen whole-kernel corn	2 lb 4 oz	1 qt 2 ¼ cups	4 lb 4 oz	3 qt ½ cup	
*Fresh onions, sliced	12 oz	2 cups	1 lb 8 oz	1 qt	
*Fresh green peppers, sliced	8 oz	1 ½ cups 2 Tbsp	1 lb	3 ¼ cups	
Canned sliced tomatoes, drained	1 lb	1 ¾ cups 2 Tbsp (½ No. 10 can)	2 lb	3 ¾ cups (½ No. 10 can)	
Canned salsa	1 lb	1 ¾ cups 2 Tbsp	2 lb	3 ¾ cups	CCP: Heat to 165° F or higher for at least 15 seconds.

## Chicken Fajitas

Meat/Meat Alternate-Vegetable-Grains/Breads				Main Dishes	D-40
Nutrients Per Serving					
Calories	241	Saturated Fat	1.41 g	Iron	2.11 mg
Protein	22.00 g	Cholesterol	51 mg	Calcium	54 mg
Carbohydrate	23.38 g	Vitamin A	240 IU	Sodium	284 mg
Total Fat	6.28 g	Vitamin C	6.7 mg	Dietary Fiber	1.8 g

## Chicken Fajitas

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-40

Enriched flour tortillas, 8-inch (at least 0.9 oz each)	50 each	100 each	9. CCP: Hold for hot service at 135° F or higher.  For each serving, place No. 8 scoop (½ cup) of filling on each tortilla. If desired, fold or roll tortilla over filling.
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Comments:

\*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	14 oz	1 lb 12 oz
Green peppers	11 oz	1 lb 6 oz

SERVING:	YIELD:	VOLUME:
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1 fajita provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and 1 serving of grains/breads. **50 Servings:** about 12 lb 4 oz (filling) **50 Servings:** about 1 gallon 2 ¼ quarts (filling)

**100 Servings:** about 24 lb 8 oz (filling) **100 Servings:** about 3 gallons 2 cups (filling)

Edited 2004

Special Tips:

1) If a grill is not available, a steam-jacketed kettle may be used to sauté the chicken.

2) Lowfat sour cream (1 Tbsp per serving) and salsa (2 Tbsp per serving) make excellent garnishes.

3) This makes an attractive lunch plate when served with Refried Beans (I-15).

# CHILD NUTRITION LABEL

**Nutrition Facts:** Get calories and saturated fat information here.

**PIERCE'S CHICKEN**

We make Chicken easy.™

Fully Cooked

**110201**

**Breaded Chicken Breast Chunks**

Nugget Shaped Chicken Patties with Rib Meat

**INGREDIENTS:** Chicken Breast with Rib Meat, Water, Vegetable Protein Product (Isolated Soy Protein, Magnesium Oxide, Zinc Oxide, Nicotinamide, Ferrous Sulfate, Vitamin B-12, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin), Dried Whole Egg, Seasoning (Salt, Flavor, Modified Cornstarch), Sodium Phosphate. **BATTERED AND PRE-DUSTED WITH:** Water, Enriched Bleached Wheat Flour (Enriched with Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Modified Corn Starch, Salt, Spices, Dextrose, Dried Garlic, Paprika and Annatto, Xanthan Gum, Natural Flavor. **BREADED WITH:** Enriched Bleached Wheat Flour (Enriched with Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Enriched Wheat Flour (Enriched with Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Spices, Soybean Oil, Dextrose, Dried Garlic, Paprika and Annatto, Extractives of Paprika. Breeding set in Vegetable Oil.

**CONTAINS: EGG, SOY AND WHEAT**

**HEATING INSTRUCTIONS:** From Frozen: Heat in Convection Oven for 8-10 minutes at 375°F. Conventional Oven for 7-10 minutes at 400°F. Appliances vary, adjust cook times accordingly.

**Nutrition Facts**  
Serving Size 5 Pieces (96g)  
Servings Per Container About 51

Amount Per Serving	
Calories 230	Calories from Fat 90
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 55mg	16%
Sodium 680mg	28%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 16g	
Vitamin A 4%	Vitamin C 0%
Calcium 2%	Iron 10%

\*Percent Daily Values are based on a diet of other people's secrets.

**CN** Five 0.88 oz. Breaded Fully Cooked Chicken Nuggets (3.40 oz. Total) provide 2.00 oz. equivalent meat/meat alternate and 1.00 serving bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 06-06.)

Distributed By: Pilgrim's Pride  
P.O. Box 93, Pittsburg, TX 75670 800-321-1470  
www.pilgrimspride.com or www.ppc.com

Pierce Chicken is a registered trademark of Pilgrim's Pride Corporation.

(01)1 00 75632 10201 6

**CN Label:** Will tell you how a processed food item credits in Child Nutrition Programs.

## ADDITIONAL MATERIALS TO SUBMIT TO OPI

- Attestation Statement

- Districts must attest in writing that the documentation submitted for certification is representative of the ongoing meal service within the District, and that the minimum required food quantities for all meal components are available to students in every serving line.

- This form can be found with the certification tools on the USDA website. You must use the USDA form.



## SUBMISSION TIMEFRAME

- The certification process starts October 1<sup>st</sup>. We are not able to accept menus from September.
- You must submit menus from the current month or the month previous.
  - Example: If you submit certification in December, you must submit menus from either December or November.



## HOW TO SEND MATERIALS TO OPI

- OPI is still in the process of determining how schools will submit certification.
  - OPI will notify districts how to submit the tools shortly.



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# EXAMPLE CERTIFICATION PROCESS

# EXAMPLE DISTRICT

## ○ District X

- Five schools
  - 2 Elementary (K-5), Middle School (6-8), 2 High School (9-12)
- The elementary kitchen prepares all meals.
- The same menu is served each day at all five schools.





## STEP ONE: CERTIFICATION TOOL SUBMISSION

District X submits menu certification tool to OPI on October 23<sup>rd</sup>.

- Submit four menu certification tools for meals served on October 15-19<sup>th</sup>.
  - one lunch tool for each grade group (K-5, 6-8, 9-12)
  - one breakfast tool for K-12
- Submit one attestation statement for the district.





## STEP TWO: CERTIFICATION TOOL CHECK

- OPI reviews the certification tool for each grade group from District X.
  - The menu certification tools submitted by District X for each meal and grade group are complete and without errors.

*OPI has 60 days to approve the certification from District X (December 22<sup>nd</sup>).*

**Note:** *The 60 day approval window begins once OPI receives a complete and error free application for certification. If the certification tool was not complete and free of errors, OPI will send District X a notification of an incomplete application. The district would then need to adjust and resubmit the certification tool.*



## STEP THREE: APPROVAL

OPI approves the certification request from District X on December 19<sup>th</sup> which falls within the 60 day approval time frame.



## STEP FOUR: 6 CENT AWARD

Since District X submitted a complete and error free application to OPI on October 23<sup>rd</sup>, the additional 6 cents is awarded for every lunch served beginning October 1st.



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# VALIDATION REVIEWS

## HOW WILL WE SELECT VALIDATION REVIEWS?

- All districts will submit certification materials to OPI and 25% of all districts will be randomly selected for a validation review.



## WHAT WILL WE LOOK FOR?

- Do you have information posted explaining what a reimbursable meal includes at the beginning of the serving line?
  - Do kids understand what a reimbursable meal is?
  - Do kids understand offer vs serve (if applicable)?
- Do you have an accurate point of service (PoS) meal count?
- Are you following meal pattern guidelines?
  - Daily and weekly component min/max.



## WHAT WILL YOU NEED TO HAVE ON HAND?

- Production Records
- Menus
- Standardized Recipes, CN Labels



## TIPS FOR A SUCCESSFUL CERTIFICATION YEAR

- Cycle menus
- Standardize all recipes
- Use up old inventory quickly
- Reimbursable salad bars
- Offering other meal options
  - Afterschool Snack
  - Expanding/starting a School Breakfast Programs





School

Meals

Improve

Learning

Environments



# ADDITIONAL TRAININGS

Training in September and October will take place on the following dates/regional areas:

- |               |                         |   |
|---------------|-------------------------|---|
| ○ Bozeman     | September 6, 2012       | Montana State University, Herrick Hall              |
| ○ Billings    | September 18, 2012      | Montana State University, Billings, downtown campus |
| ○ Helena      | September 25, 2012      | Office of Public Instruction                        |
| ○ Missoula    | October 2, 2012         | University of Montana, James Todd Building          |
| ○ Great Falls | October 18 and 19, 2012 | Paris Gibson Education Center                       |
| ○ Miles City  | October 23, 2012        | Miles City Community College                        |

You must register online for any of the trainings listed above. Use the link provided below to access the registration page. You must fill out all fields on the registration form.

<http://www.keysurvey.com/f/450321/1542/>

OPI will provide more trainings throughout the year.



# QUESTIONS?

## CALL OPI SCHOOL NUTRITION AT 406-444-2501

Emily Dunklee  
School Nutrition Program Specialist  
406-461-9917 or [edunklee@mt.gov](mailto:edunklee@mt.gov)

Teresa Motlas, MS RD LN  
School Nutrition Program Specialist  
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Tara Ray, RD LN  
School Nutrition Program Specialist  
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